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› RLQA Smart Watch RL54 User Manual

RLQA RL54

RLQA Smart Watch User Manual

Model: RL54 - 1.83" HD Fitness Tracker with Bluetooth Call Function

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1. PRODUCT OVERVIEW

The RLQA Smart Watch (Model RL54) is a versatile 1.83-inch HD fitness tracker designed for both men and women. It offers a comprehensive suite of features to support your health, fitness, and daily communication needs. Key functionalities include Bluetooth calling, message notifications, 24/7 health monitoring (heart rate, blood oxygen, sleep), over 120 sports modes, and IP68 waterproof rating.



Figure 1.1: RLQA Smart Watch (Obsidian Black) with its main display and key feature previews.

2. SETUP GUIDE

2.1. Charging the Device

Before first use, fully charge your RLQA Smart Watch. Connect the magnetic charging cable to the charging points on the back of the watch and plug the USB end into a standard USB power adapter (not included). A full charge typically takes approximately 2 hours and provides 7-15 days of use or up to 30 days of standby time.

Technology & Battery Upgrades

The most advanced technology and hardware are adopted to avoid the troubles of frequent charging and unstable connection



Figure 2.1: Smart Watch charging illustration, highlighting battery life and connectivity.

2.2. App Installation and Pairing

To unlock the full potential of your smart watch, download the "Da Fit" app on your smartphone. The app is compatible with Android 5.0 and iOS 9.0 or later.

1. **Download the App:** Search for "Da Fit" in the App Store (iOS) or Google Play Store (Android) and install it.
2. **Enable Bluetooth:** Ensure Bluetooth is enabled on your smartphone.
3. **Open App and Add Device:** Launch the "Da Fit" app, navigate to the device section, and click "Add Device".
4. **Select Your Watch:** From the list of available devices, select "UP-54" to connect.

5. **Confirm Pairing:** A Bluetooth pairing request will appear on your phone. Confirm by selecting "Pair".
6. **Allow Notifications:** Grant necessary permissions for the app to receive notifications from your phone. This ensures messages and calls are displayed on your watch.

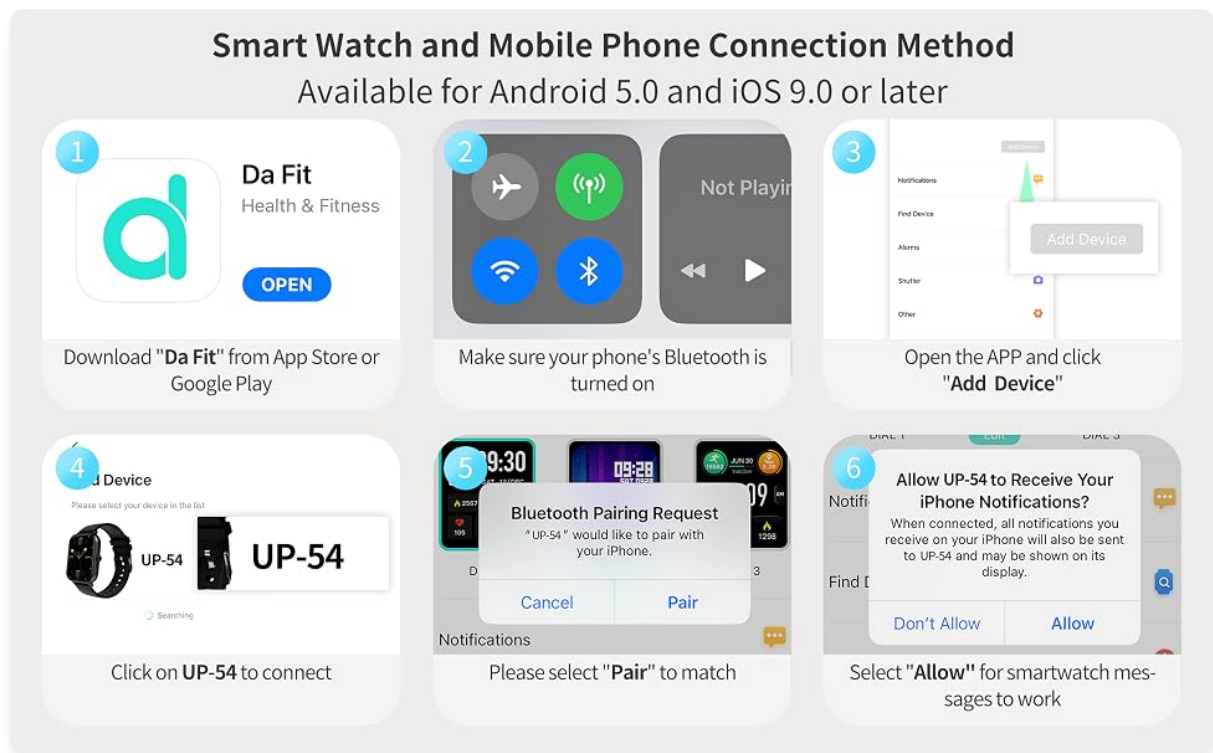


Figure 2.2: Step-by-step guide for connecting the smart watch to your smartphone.

3. OPERATING INSTRUCTIONS

3.1. Navigating the Interface

The RLQA Smart Watch features a 1.83-inch ultra-HD full-touch color screen. Swipe left/right, up/down, and tap to navigate through menus and select functions. The side button typically serves as a home/back button or to wake the screen.

1.83" Ultra HD Screen

TFT material screen makes pixels, color saturation are increased, the picture becomes clearer and softer



200+ Dials for Your Choice

There are 200 dial in the App can be replaced, support upload pictures DIY



Figure 3.1: The 1.83" Ultra HD screen and customizable watch faces.

3.2. Bluetooth Call & Message Notifications

Once paired, your watch can handle calls and display messages. You can answer/make calls directly from the watch and receive notifications from various social media applications. Vibration intensity for notifications can be adjusted in the app.

Bluetooth Call and Dialing

Let you keep in touch at all times and never miss any important information



Figure 3.2: Bluetooth call and dialing features.

Message Alerts & Multiple Features

Support 26 kinds of social software message notification
and a variety of convenient functions



Figure 3.3: Message alerts and multiple smart features.

3.3. Health Monitoring (24/7)

The watch continuously tracks your heart rate, blood oxygen (SpO2), and sleep patterns. Access these metrics through the watch interface or the "Da Fit" app for detailed historical data and insights.

- **Heart Rate:** Real-time monitoring throughout the day.
- **Blood Oxygen:** Measures your SpO2 levels.
- **Sleep Tracking:** Analyzes sleep quality (light, deep, awake time) and provides suggestions for improvement.

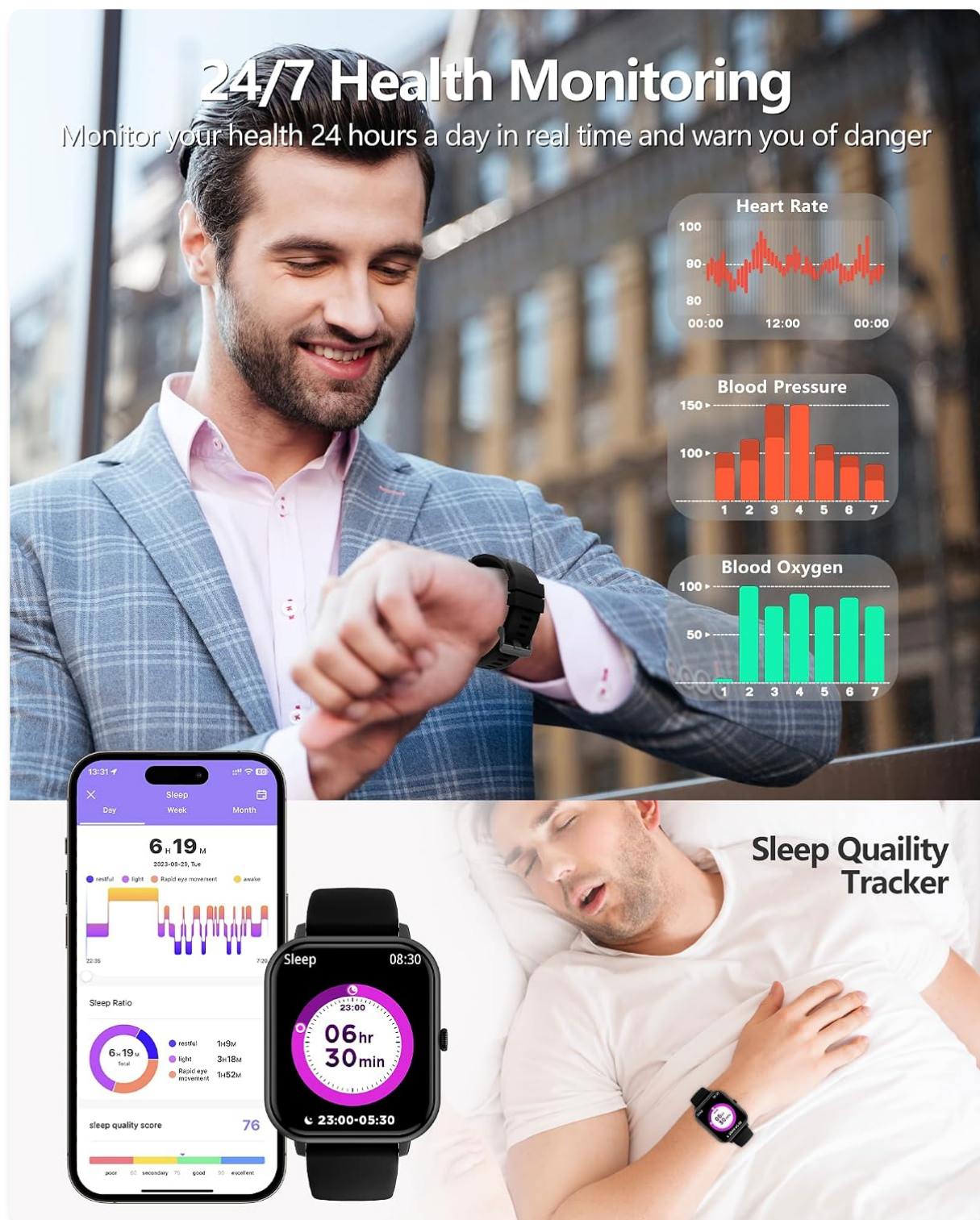


Figure 3.4: 24/7 Health Monitoring features including heart rate, blood pressure, blood oxygen, and sleep tracking.

3.4. Sports Modes & Activity Tracking

With over 120 sports modes, the watch can record various activity data such as calorie consumption, steps, distance, and real-time speed. GPS motion track is available when connected to your smartphone.

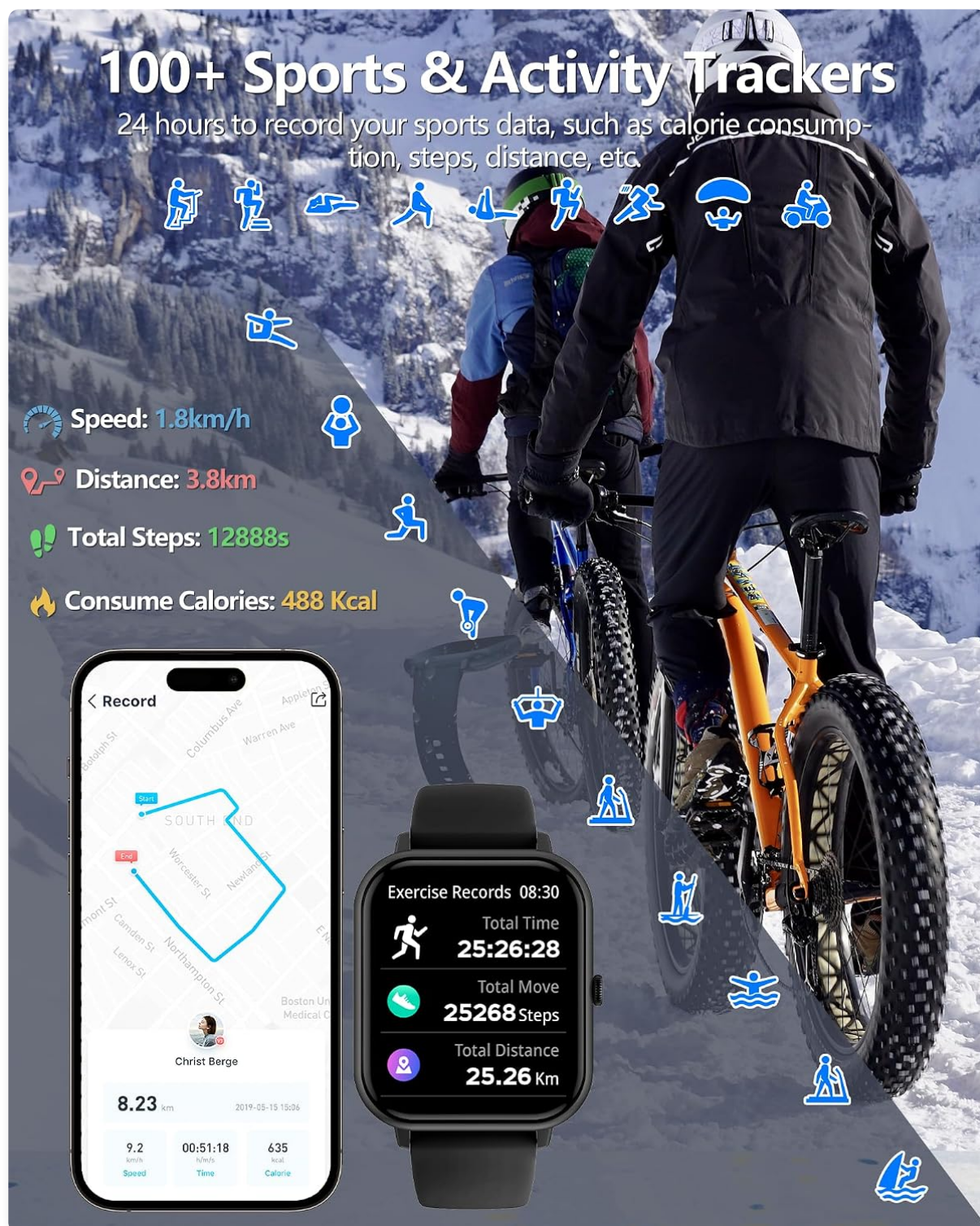


Figure 3.5: 100+ Sports & Activity Trackers in action.

3.5. Other Practical Functions

The RLQA Smart Watch includes a variety of useful features:

- **AI Voice Assistant:** Control watch operations using voice commands.
- **Music Control:** Manage music playback on your phone.
- **Camera Control:** Use your watch as a remote shutter for your phone's camera.
- **Weather Forecast:** Get real-time weather updates.
- **Sedentary Reminder:** Prompts you to move after periods of inactivity.
- **Drinking Water Reminder:** Helps you stay hydrated.
- **Alarm Clock, Stopwatch, Pedometer.**

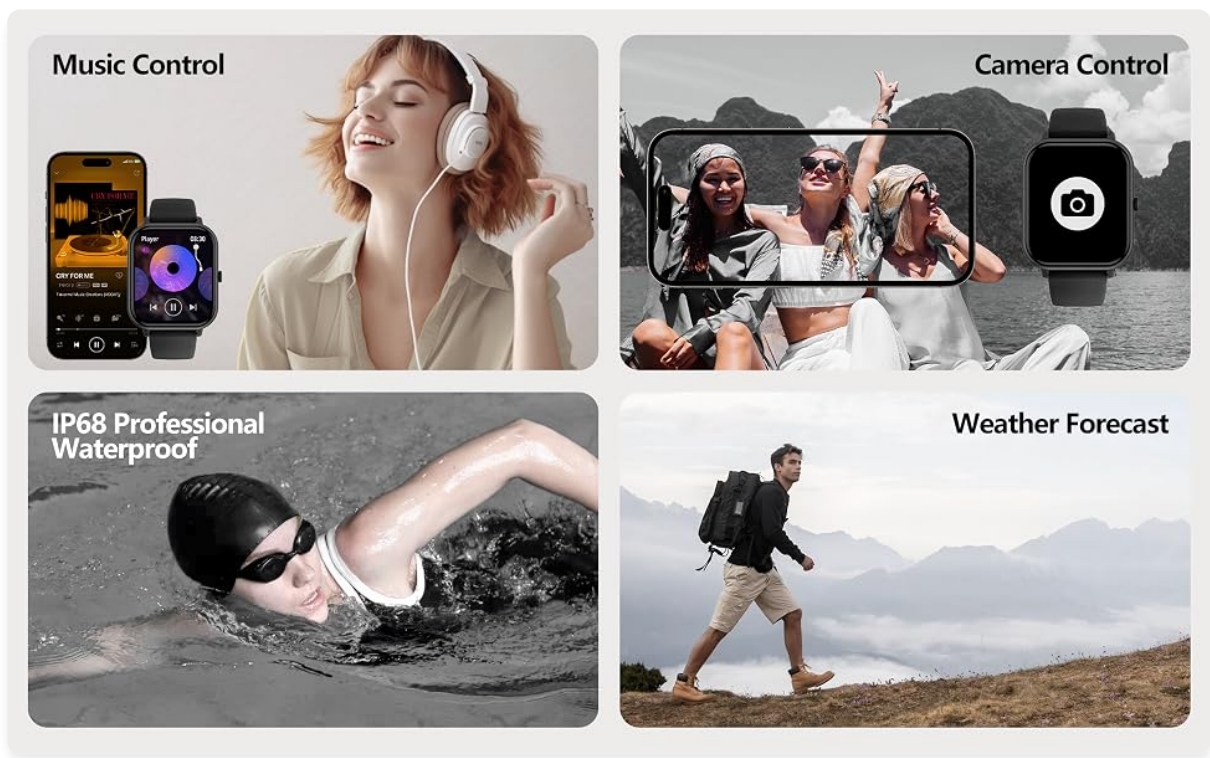


Figure 3.6: Additional features including music control, camera control, IP68 waterproofing, and weather forecast.

4. MAINTENANCE AND CARE

4.1. Cleaning Your Smart Watch

Regularly clean your watch to ensure optimal performance and hygiene. Use a soft, lint-free cloth to wipe the screen and body. For stubborn smudges, slightly dampen the cloth with water. Avoid using harsh chemicals, abrasive cleaners, or solvents.

4.2. Water Resistance (IP68)

The RLQA Smart Watch has an IP68 waterproof and dustproof rating. This means it is resistant to dust and can withstand immersion in water up to 1.5 meters for up to 30 minutes. It is suitable for daily activities like washing hands, sweating, and rain. However, it is not recommended for hot showers, saunas, or diving, as steam and hot water can compromise the seals.

Important: Do not press any buttons while the watch is submerged in water.

4.3. Battery Care

To prolong battery life, avoid fully discharging the watch frequently. Charge it when the battery level is low. Store the watch in a cool, dry place when not in use for extended periods.

5. TROUBLESHOOTING

Problem	Possible Cause / Solution
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Problem	Possible Cause / Solution
Watch does not turn on or respond.	- Battery might be completely drained. Connect to charger and allow it to charge for at least 10-15 minutes before attempting to turn it on. - Ensure the charging cable is properly connected to the watch and the power source.
Cannot pair with smartphone.	- Ensure Bluetooth is enabled on your phone and the watch. - Make sure the watch is within the Bluetooth range of your phone (approx. 10 meters). - Restart both your phone and the watch. - Clear Bluetooth cache on your phone (Android) or forget the device and re-pair (iOS/Android). - Ensure the "Da Fit" app has necessary permissions.
No message notifications.	- Check if notification permissions are granted to the "Da Fit" app in your phone's settings. - Ensure the app is running in the background and not being closed by your phone's power saving features. - Verify that notifications are enabled for specific apps within the "Da Fit" app settings. - Disable "Do Not Disturb" mode on both your watch and phone.
Inaccurate health data (e.g., heart rate, blood pressure).	- Ensure the watch is worn snugly on your wrist, about one finger's width above the wrist bone. - Avoid excessive movement during measurements. - Note that smartwatches are not medical devices and readings are for reference only. For medical concerns, consult a professional.
Short battery life.	- Frequent use of Bluetooth calling, continuous heart rate monitoring, or bright screen settings can drain the battery faster. - Reduce screen brightness and screen-on time. - Limit background app refresh for "Da Fit" if it's excessively high.

6. PRODUCT SPECIFICATIONS

Feature	Detail
Model Number	RL54
Screen Size	1.83 Inches (TFT HD Display)
Connectivity	Bluetooth

Feature	Detail
Operating System Compatibility	Android 5.0 & iOS 9.0 or later
Battery Capacity	230 Milliamp Hours (mAh)
Battery Life	7-15 days (usage), up to 30 days (standby)
Charging Time	Approx. 2 hours
Waterproof Rating	IP68
Memory Storage Capacity	128 MB
Item Weight	3.17 ounces (90 Grams)
Product Dimensions	10.94 x 3.54 x 0.69 inches

6.1. What's in the Box

- Smart Watch
- Charging Cable
- Multilingual Manual

7. WARRANTY AND SUPPORT

RLQA is committed to providing high-quality products and excellent customer service. For any questions regarding product use, quality issues, or warranty claims, please contact our customer support team. Refer to the contact information provided in the packaging or on the official RLQA website for the most up-to-date support channels.

Your satisfaction is our priority. We encourage you to reach out if you encounter any issues or have suggestions for improvement.